

## CLAIMS

What is claimed to be new and desired to be protected by Letters Patent is set forth in the appended claims.

I claim:

1. A dumbbell workout bench, comprising:
  - a) a first support frame, said first frame being substantially horizontal for engaging the ground, said first frame comprising first and second elongated parallel spaced apart ground engaging members, said first and second members each having first and second opposing ends and a top and bottom surface, said bottom surface engaging the ground;
  - b) a dumbbell receptacle being disposed on said top surface of said first end of said first support frame for receiving at least one dumbbell thereon;
  - c) a first pair of upwardly extending support legs being disposed on said top surface of said second end of said first support frame, wherein one each of said support legs corresponds to one each of said first and second members of said first support frame, each of said support legs having first and second opposing ends wherein said second end is an upper end and said first end is attached to said first support frame;
  - d) a pair of vertical stanchions disposed on said top surface of said first support frame adjacent said dumbbell receptacle and between said dumbbell receptacle and

said first pair of upwardly extending support legs, wherein one each of said vertical stanchions corresponds to one each of said first and second members of said first support frame, each of said vertical stanchions having first and second opposing ends wherein said second end is an upper end and said first end is attached to said first support frame, wherein said pair of vertical stanchions are tubular;

e) a pair of weight stanchions each having first and second opposing ends, wherein said first end of one said weight stanchions is slidably disposed in said upper end of each said tubular vertical stanchions, a weight rest being disposed on said second end of said weight stanchion;

f) a second support frame being hingedly disposed on said upper end of said first pair of support legs, said second frame being substantially horizontal for supporting a user, said second frame having first and second opposing ends being hinged in the middle of said first and second ends wherein said first and second ends each extend away from said middle, said second frame having top and bottom surfaces, wherein said first end of said second support frame is disposed adjacent said vertical stanchions between said vertical stanchion and said first pair of upwardly extending support legs so that the arms of a user can reach the upper end of the vertical stanchion, wherein said second end of said second support frame is disposed away from said first pair of upwardly extending support legs so that the legs of a user extend away from the vertical stanchion;

g) a second folding, downwardly extending support leg disposed on said bottom surface of each of said first and second ends of said second support frame, said second legs each having first and second opposing ends wherein said first end is hingedly

connected to said second support frame and said second end engages the ground to permit the second support frame to be supported and to permit the first and second ends of the second support frame to be folded down to the ground when said second support legs are in a folded position; and,

h) a cushion for supporting a user being disposed on said top surface of said second support frame.

2. The dumbbell workout bench of Claim 1, wherein said cushion comprises first and second cushions having first and second opposing ends wherein said second ends of said cushions are oriented toward said middle of said second support frame, wherein one cushion is disposed on each of said first and second ends of said second support frame.

3. The dumbbell workout bench of Claim 2, wherein said cushion disposed on said first end of said second support frame further comprises means for being incrementally moved upwardly and braced, whereby the first end of the cushion can be incrementally moved upwardly and braced to allow a user to workout using the top of the cushion as a backrest.

4. The dumbbell workout bench of Claim 3, wherein said means for being incrementally moved upwardly and braced comprises at least one brace having first and second ends, said first end of said brace adapted to connect to said cushion, said second end of said brace adapted to connect to said second support frame to permit the cushion to be moved in increments to form about a forty-five degree angle to about a ninety-degree angle with the second support

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frame.

5. The dumbbell workout bench of Claim 4, wherein said first support frame, said first pair of upwardly extending support legs, said second support frame, and said second folding downwardly extending support legs are made of tubular material.

6. The dumbbell workout bench of Claim 5, wherein said dumbbell receptacle is upwardly concave for containing dumbbell therein.

7. The dumbbell workout bench of Claim 6, wherein said second folding downwardly extending support legs fold toward said middle of said second support frame so as to be flush with said bottom of said second support frame.

8. The dumbbell workout bench of Claim 7, wherein said upper end of said pair of vertical stanchions each have at least one aperture therein, said apertures for receiving a mating pin therein.

9. The dumbbell workout bench of Claim 8, wherein said first end of said weight stanchion has a plurality of longitudinally spaced apart apertures therein wherein one of said apertures receives said pin from said vertical stanchion to permit the weight stanchion to be adjusted upwardly and downwardly.

10. The dumbbell workout bench of Claim 9, wherein said weight rest is upwardly concave so as to receive a dumbbell therein.